



Flu-Flu Archery

Flu-flu arrows have rubber blunts, shoot at tin-cans.

Mini Gladiators – bootcamp for your little ones!

This activity session combines fundamental skills from athletics and tag rugby designed to develop their agility, balance and co-ordination, whilst completing a variety of warrior-themed games and movements.

Learn2Ride My Bike

Using Balanceability programming the more informal Learn2Ride My Bike sessions allow children to give it a go on the peddle-less bikes at their own pace, working on the skills that will allow progression onto a peddle-bike (sans stabilisers!)

Parkour

Negotiate obstacles located in your natural surroundings by running, jumping, climbing...

The Cube

Problem solving activity, outdoor, compete as family groups against others.

Water Rockets

Design and create your own rocket, then launch them skyward using water pressure...

Zorb Football

Roll around and bash/bump into your opposition in the inflatable zorb suits, competing in a friendly 3- or 5-aside game of footie.



Saethyddiaeth Flu-Flu

Mae gan saethau flu-flu flaen rwber i saethu at ganiau tun.

Gladiators i Blant – gweryll egnïol i blant bach!

Mae'r sesiwn gweithgarwch yma'n cyfuno sgiliau sylfaenol athletau a rygbi tag i ddatblygu ystwythder, cydbwysedd a chydymudiad, gan gymryd rhan mewn amrywiaeth o gemau thema rhyfel amrywiol a symudiadau.

Dysgu Reidio Fy Meic

Gan ddefnyddio rhaglen Balanceability, mae'r sesiynau Dysgu Reidio Fy Meic mwy ffurfiol yn gyfle i blant roi cynnig arni ar y beiciau heb bedalau yn eu hamser eu hunain, gan weithio ar y sgiliau a fydd yn galluogi cynnydd i feic pedalau (heb olwynion sefydlog!)

Parkour

Goresgyn rhwystrau yn yr amgylchedd naturiol drwy neidio, rhedeg, dringo...

Y Ciwb

Problem solving activity, outdoor, compete as family groups against others.

Rocedi Dŵr

Cynllunio a chreu eich roced eich hun, wedyn ei lansio i'r awyr gan ddefnyddio pwysedd dŵr...

Pêl Droed Zorb

rholio a bympio/taro i mewn i'ch gwrthwynebwyr yn y siwtiau zorb chwythadwy, gan gystadlu mewn gemau pêl droed 3 neu 5 bob ochr cyfeillgar.

Bactif

LLES EGNÏOL • ACTIVE WELLBEING

Activities.
Every day. Everyone.

Gweithgareddau.
Bob dydd. I bawb.



SUMMER /
HAF 2018



Bactif

LLES EGNÏOL • ACTIVE WELLBEING

Bactif

LLES EGNÏOL • ACTIVE WELLBEING

Get the most fun out of the school holidays with our Bactif summer activities

Our Multi-Activity programme is available for three different age groups and aims to give children a school holiday experience.

Our new "early years" programme (3-5 years)

will give children the best introduction to being confident and active; kick starting their new adventure through creative learning and development.

Our Mini Active4Life sessions for 6-8 year olds

will discover activities where children will learn new skills in some great new sessions including creativity, learning and, most of all, fun.

Active4Life is a free holiday scheme for youngsters aged 8-12

with a focus on sports, games, arts, and creative activities. The scheme is supported by Brackla Community Council and Coity Higher Community Council.

The safety and well-being of children is paramount in all that what we do. All B-active instructors and activity leaders hold the appropriate qualifications and have been approved by Bridgend County Borough Council.

To book a place on the Bactif summer programme please email Lily.Gallagher@bridgend.gov.uk or ring 01656 815222

Children under 8 years of age will require an adult to be present for the activities

Mae cyfle i gael hwyl yn ystod gwyliau'r ysgol gyda gweithgareddau haf Bactif

Mae ein rhaglen Aml-Weithgarwch ar gael i dri grŵp oedran gwahanol a'r nod yw rhoi profiad da i blant yn ystod gwyliau'r ysgol.

Bydd ein rhaglen "blynyddoedd cynnar" newydd (3-5 oed)

yn rhoi'r cyflwyniad gorau i blant i fod yn hyderus ac yn egnïol, gan roi cychwyn i'w hantur newydd drwy ddysgu a datblygu yn greadigol.

Bydd ein sesiynau Egnïol Am Oes Mini ar gyfer plant 6-8 oed

yn darganfod gweithgareddau i blant ddysgu sgiliau newydd mewn sesiynau newydd gwych, gan gynnwys creadigrwydd, dysgu ac, yn fwy na dim, hwyl.

Mae Egnïol Am Oes yn gynllun gwyliau am ddim i blant 8-12 oed

gyda ffocws ar chwaraeon, gemau, y celfyddydau a gweithgareddau creadigol. Cefnogir y cynllun gan Gyngor Cymuned Bracla a Chyngor Cymuned Coety Uchaf.

Mae diogelwch a lles plant yn hollbwysig ym mhopeth rydym yn ei wneud. Mae gan holl hyfforddwy ac arweinwyr gweithgarwch B-active gymwysterau priodol ac maent wedi cael eu cymeradwyo gan Gyngor Bwrdeistref Sirol Pen-y-bont ar Ogwr

Ermwyn sicrhau lle ar y rhaglen Bactive plis ebostiwch Lily.Gallagher@bridgend.gov.uk neu ffoniwch 01656 815222

Fydd rhaid i oedolyn aros gyda plant o dan 8 mlwydd oed



To book a place on the Bactif summer programme please email Lily.Gallagher@bridgend.gov.uk or ring 01656 815222

Ermwyn sicrhau lle ar y rhaglen Bactive plis ebostiwch Lily.Gallagher@bridgend.gov.uk neu ffoniwch 01656 815222

Bactif

LLES EGNÏOL • ACTIVE WELLBEING



	BRACKLA / BRACLA				PARC DERWEN				PARK LIVES				
	MON/LLU	TUE/MAW	WED/MER	THU/IAU	MON/LLU	TUE/MAW	WED/MER	THU/IAU	MON/LLU	TUE/MAW	WED/MER	THU/IAU	FRI/GWE
July 23 – July 27 Gorffennaf 23 – Gorffennaf 27			Learn2Ride My Bike / Dysgu Reidio Fy Meic Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2	Fundamentals: Adventure-Time / Sylfeini: Amser Antur Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2			Mini Active for Life: Tag Rugby / Egniol am Oes i Blant: Rygbi Tag Age / Oedran: 6-8 Time / Amser: 10:30-12:00 Cost: £2	Fundamentals: Mini Olympics / Sylfeini: Gemau Olympaidd i Blant Age / Oedran: 3-5 Time / Amser: 1:30-2:00 Cost: £2	Tai Chi & Wellbeing / Tai Chi a Lles Porthcawl (meet opposite Sea Bank Hotel / cyfarfod gyferbyn â Gwesty Sea Bank) Time / Amser: 2:30-3:30	Tai Chi & Wellbeing / Tai Chi a Lles Bryngarw Park / Parc Bryngarw Time / Amser: 1:30-2:30	Pond Dipping / Archwilio Pyllau* Bryngarw Park / Parc Bryngarw Time / Amser: 11:00-12:30 Tai Chi & Wellbeing / Tai Chi a Lles Pencoed Pavilion / Pafiliwn Pencoed Time / Amser: 2:00-3:00	Tai Chi & Wellbeing / Tai Chi a Lles Caerau Community Centre / Canolfan Gymunedol Caerau Time / Amser: 11:00-12:00 Zorb Football 10+ yrs / Pêl Droed Zorb 10+ oed Parc Derwen Time / Amser: 3:00-4:00	Summer Roadshow / Sioe Deithiol yr Haf Newbridge Fields / Caeau Newbridge Time / Amser: 10:30-2:30 <i>Parkour 6+ 10:30</i> <i>Mini Gladiators / Gladiators i Blant 3-5</i> <i>Zorb Football / Pêl Droed Zorb 10+ yrs</i> <i>Family 'All Stars' Cricket / Criced 'Sêr' i'r Teulu</i> <i>Tai Chi & Wellbeing / Tai Chi a Lles 12.30</i> <i>Forces Fitness 1:30-2:30</i>
July 30 – August 3 Gorffennaf 30 – Awst 3		Fundamentals: Mini Olympics / Sylfeini: Gemau Olympaidd i Blant Age / Oedran: 3-5 Time / Amser: 1:30-2:00 Cost: £2	Mini Active for Life: Netball / Egniol am Oes i Blant: Pêl Rwyd Gwyllt Age / Oedran: 6-8 Time / Amser: 10:30-12:00 Cost: £2	Fundamentals: Wilderbeast / Sylfeini: Bwystfflod Gwyllt Age / Oedran: 3-5 Time / Amser: 1:30-2:00 Cost: £2	Mini Active for Life: Football / Egniol am Oes i Blant: Pêl Droed Olympaidd Age / Oedran: 6-8 Time / Amser: 1:30-2:00 Cost: £2	Fundamentals: Mini Gladiators / Sylfeini: Gladiators i Blant Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2	Mini Active for Life: Olympics / Egniol am Oes i Blant: Gemau Olympaidd Age / Oedran: 6-8 Time / Amser: 1:30-2:00 Cost: £2	Fundamentals: Treasure Island / Sylfeini: Ynys Trysorau Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2	Tai Chi & Wellbeing / Tai Chi a Lles Porthcawl (meet opposite Sea Bank Hotel / cyfarfod gyferbyn â Gwesty Sea Bank) Time / Amser: 2:30-3:30	Tai Chi & Wellbeing / Tai Chi a Lles Bryngarw Park / Parc Bryngarw Time / Amser: 1:30-2:30 Zorb Football 10+ yrs / Pêl Droed Zorb 10+ oed Parc Derwen Time / Amser: 3:00-4:00	The Cube (family fun) / Y Ciwb (hwyl i'r teulu) Brackla Sports Centre / Canolfan Chwaraeon Bracla Time / Amser: 11:00-12:00 Pond Dipping / Archwilio Pyllau* Bryngarw Park / Parc Bryngarw Time / Amser: 11:00-12:30 Tai Chi & Wellbeing / Tai Chi a Lles Pencoed Pavilion / Pafiliwn Pencoed Time / Amser: 2:00-3:00	Tai Chi & Wellbeing / Tai Chi a Lles Caerau Community Centre / Canolfan Gymunedol Caerau Time / Amser: 11:00-12:00 Zorb Football 10+ yrs / Pêl Droed Zorb 10+ oed Brackla Sports Centre / Canolfan Chwaraeon Bracla Time / Amser: 3:00-4:00	Summer Roadshow / Sioe Deithiol yr Haf Bryngarw Park / Parc Bryngarw Time / Amser: 10:30-2:30 <i>Parkour 6+ 10:30</i> <i>Mini Gladiators / Gladiators i Blant 3-5</i> <i>Zorb Football / Pêl Droed Zorb 10+ yrs</i> <i>Water Rockets / Rocedi Dŵr 6+</i> <i>Family Scavenger Hunt / Helfa Garthwr i'r Teulu</i> <i>Family Play Rangers / Wardeniaid Chwarae Teuluol</i> <i>Tai Chi & Wellbeing / Tai Chi a Lles 12.30</i> <i>Forces Fitness 1:30-2:30</i>
August 6 – August 10 Awst 6 – Awst 10	Mini Active for Life: Football / Egniol am Oes i Blant: Pêl Droed Olympaidd Age / Oedran: 6-8 Time / Amser: 1:30-2:00 Cost: £2	Fundamentals: Mini Gladiators / Sylfeini: Gladiators i Blant Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2		Fundamentals: Mini Olympics / Sylfeini: Gemau Olympaidd i Blant Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2	Mini Active for Life: Olympics / Egniol am Oes i Blant: Gemau Olympaidd Age / Oedran: 6-8 Time / Amser: 10:30-12:00 Cost: £2	Fundamentals: Mini Olympics / Sylfeini: Gemau Olympaidd i Blant Age / Oedran: 3-5 Time / Amser: 1:30-2:00 Cost: £2	Mini Active for Life: Football / Egniol am Oes i Blant: Pêl Droed Olympaidd Age / Oedran: 6-8 Time / Amser: 10:30-12:00 Cost: £2	Fundamentals: Space Odyssey / Sylfeini: Gwibio yn y Gofod Age / Oedran: 3-5 Time / Amser: 1:30-2:00 Cost: £2	Flu-Flu Archery 6+ yrs / Saethyddiaeth Flu-Flu Parc Derwen Time / Amser: 11:00-12:00 Tai Chi & Wellbeing / Tai Chi a Lles Porthcawl (meet opposite Sea Bank Hotel / cyfarfod gyferbyn â Gwesty Sea Bank) Time / Amser: 2:30-3:30	Tai Chi & Wellbeing / Tai Chi a Lles Bryngarw Park / Parc Bryngarw Time / Amser: 1:30-2:30 Zorb Football 10+ yrs / Pêl Droed Zorb 10+ oed Brackla Sports Centre / Canolfan Chwaraeon Bracla Time / Amser: 3:00-4:00	Family Bike Ride & Learn2ride My Bike / Dysgu Reidio Fy Meic Brackla Sports Centre / Canolfan Chwaraeon Bracla Time / Amser: 10:00-12:00 Pond Dipping / Archwilio Pyllau* Bryngarw Park / Parc Bryngarw Time / Amser: 11:00-12:30 Tai Chi & Wellbeing / Tai Chi a Lles Pencoed Pavilion / Pafiliwn Pencoed Time / Amser: 2:00-3:00	Tai Chi & Wellbeing / Tai Chi a Lles Caerau Community Centre / Canolfan Gymunedol Caerau Time / Amser: 11:00-12:00 Zorb Football 10+ yrs / Pêl Droed Zorb 10+ oed Parc Derwen Time / Amser: 3:00-4:00	Summer Roadshow / Sioe Deithiol yr Haf Rest Bay Beach / Traeth Rest Bay Time / Amser: 10:30-2:30 <i>Parkour 6+ 10:30</i> <i>Mini Gladiators / Gladiators i Blant 3-5</i> <i>Tag Rugby / Rygbi Tag</i> <i>Family Play Rangers / Wardeniaid Chwarae Teuluol</i> <i>Zorb Football / Pêl Droed Zorb 10+ yrs</i> <i>Family 'All Stars' Cricket / Criced 'Sêr' i'r Teulu</i> <i>Tai Chi & Wellbeing / Tai Chi a Lles 12.30</i> <i>Forces Fitness 1:30-2:30</i>
August 13 – August 17 Awst 13 – Awst 17		Fundamentals: Fairy-Tale Quest / Sylfeini: Cyrch Tylwyth Teg Age / Oedran: 3-5 Time / Amser: 1:30-2:00 Cost: £2	Mini Active for Life: Olympics / Egniol am Oes i Blant: Gemau Olympaidd Age / Oedran: 6-8 Time / Amser: 10:30-12:00 Cost: £2	Fundamentals: Treasure Island / Sylfeini: Ynys Trysorau Age / Oedran: 3-5 Time / Amser: 1:30-2:00 Cost: £2	Mini Active for Life: Tag Rugby / Egniol am Oes i Blant: Rygbi Tag Age / Oedran: 6-8 Time / Amser: 1:30-2:00 Cost: £2	Fundamentals: Wilderbeast / Sylfeini: Bwystfflod Gwyllt Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2	Mini Active for Life: Olympics / Egniol am Oes i Blant: Gemau Olympaidd Age / Oedran: 6-8 Time / Amser: 1:30-2:00 Cost: £2	Fundamentals: Mini Olympics / Sylfeini: Gemau Olympaidd i Blant Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2	Water Rockets / Rocedi Dŵr Parc Derwen Time / Amser: 11:00-12:00 Tai Chi & Wellbeing / Tai Chi a Lles Porthcawl (meet opposite Sea Bank Hotel / cyfarfod gyferbyn â Gwesty Sea Bank) Time / Amser: 2:30-3:30	Tai Chi & Wellbeing / Tai Chi a Lles Bryngarw Park / Parc Bryngarw Time / Amser: 1:30-2:30 Zorb Football 10+ yrs / Pêl Droed Zorb 10+ oed Parc Derwen Time / Amser: 3:00-4:00	Flu-Flu Archery 6+ yrs / Saethyddiaeth Flu-Flu Brackla Sports Centre / Canolfan Chwaraeon Bracla Time / Amser: 11:00-12:00 Pond Dipping / Archwilio Pyllau* Bryngarw Park / Parc Bryngarw Time / Amser: 11:00-12:30 Tai Chi & Wellbeing / Tai Chi a Lles Pencoed Pavilion / Pafiliwn Pencoed Time / Amser: 2:00-3:00	Tai Chi & Wellbeing / Tai Chi a Lles Caerau Community Centre / Canolfan Gymunedol Caerau Time / Amser: 11:00-12:00 Zorb Football 10+ yrs / Pêl Droed Zorb 10+ oed Brackla Sports Centre / Canolfan Chwaraeon Bracla Time / Amser: 3:00-4:00	Summer Roadshow / Sioe Deithiol yr Haf Maesteg Welfare Parc / Parc Lles Maesteg Time / Amser: 10:30-2:30 <i>Parkour 6+ 10:30</i> <i>Mini Gladiators / Gladiators i Blant 3-5</i> <i>Zorb Football / Pêl Droed Zorb 10+ yrs</i> <i>Family 'All Stars' Cricket / Criced 'Sêr' i'r Teulu</i> <i>Tai Chi & Wellbeing / Tai Chi a Lles 12.30</i> <i>Forces Fitness 1:30-2:30</i> <i>Family Play Rangers / Wardeniaid Chwarae Teuluol</i>
August 20 – August 24 Awst 20 – Awst 24	Mini Active for Life: Tag Rugby / Egniol am Oes i Blant: Rygbi Tag Age / Oedran: 6-8 Time / Amser: 1:30-2:00 Cost: £2	Fundamentals: Mini Olympics / Sylfeini: Gemau Olympaidd i Blant Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2	Learn2Ride My Bike / Dysgu Reidio Fy Meic Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2	Fundamentals: Space Odyssey / Sylfeini: Gwibio yn y Gofod Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2	Mini Active for Life: Football / Egniol am Oes i Blant: Pêl Droed Olympaidd Age / Oedran: 6-8 Time / Amser: 10:30-12:00 Cost: £2	Fundamentals: Adventure-Time / Sylfeini: Amser Antur Age / Oedran: 3-5 Time / Amser: 1:30-2:00 Cost: £2	Mini Active for Life: Tag Rugby / Egniol am Oes i Blant: Rygbi Tag Age / Oedran: 6-8 Time / Amser: 10:30-12:00 Cost: £2	Fundamentals: Fairy-Tale Quest / Sylfeini: Cyrch Tylwyth Teg Age / Oedran: 3-5 Time / Amser: 1:30-2:00 Cost: £2	The Cube (family fun) / Y Ciwb (hwyl i'r teulu) Parc Derwen Time / Amser: 11:00-12:00 Tai Chi & Wellbeing / Tai Chi a Lles Porthcawl (meet opposite Sea Bank Hotel / cyfarfod gyferbyn â Gwesty Sea Bank) Time / Amser: 2:30-3:30	Tai Chi & Wellbeing / Tai Chi a Lles Bryngarw Park / Parc Bryngarw Time / Amser: 1:30-2:30 Zorb Football 10+ yrs / Pêl Droed Zorb 10+ oed Brackla Sports Centre / Canolfan Chwaraeon Bracla Time / Amser: 3:00-4:00	Scavenger Hunt / Helfa Garthwr Brackla Sports Centre / Canolfan Chwaraeon Bracla Time / Amser: 11:00-12:00 Pond Dipping / Archwilio Pyllau* Bryngarw Park / Parc Bryngarw Time / Amser: 11:00-12:30 Tai Chi & Wellbeing / Tai Chi a Lles Pencoed Pavilion / Pafiliwn Pencoed Time / Amser: 2:00-3:00	Tai Chi & Wellbeing / Tai Chi a Lles Caerau Community Centre / Canolfan Gymunedol Caerau Time / Amser: 11:00-12:00 Zorb Football 10+ yrs / Pêl Droed Zorb 10+ oed Parc Derwen Time / Amser: 3:00-4:00	Summer Roadshow / Sioe Deithiol yr Haf Pencoed Sports Centre / Canolfan Chwaraeon Pencoed Time / Amser: 10:30-2:30 <i>Parkour 6+ 10:30</i> <i>Mini Gladiators / Gladiators i Blant 3-5</i> <i>Family Play Rangers / Wardeniaid Chwarae Teuluol</i> <i>Learn2ride My Bike / Dysgu Reidio Fy Meic 3+</i> <i>Zorb Football / Pêl Droed Zorb 10+ yrs</i> <i>Family 'All Stars' Cricket / Criced 'Sêr' i'r Teulu</i> <i>Tai Chi & Wellbeing / Tai Chi a Lles 12.30</i> <i>Forces Fitness 1:30-2:30</i>
August 27 – August 31 Awst 27 – Awst 31		Fundamentals: Mini Gladiators / Sylfeini: Gladiators i Blant Age / Oedran: 3-5 Time / Amser: 1:30-2:00 Cost: £2		Fundamentals: Mini Olympics / Sylfeini: Gemau Olympaidd i Blant Age / Oedran: 3-5 Time / Amser: 1:30-2:00 Cost: £2	Fundamentals: Mini Olympics / Sylfeini: Gemau Olympaidd i Blant Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2	Mini Active for Life: Football / Egniol am Oes i Blant: Pêl Droed Olympaidd Age / Oedran: 6-8 Time / Amser: 1:30-2:00 Cost: £2	Fundamentals: Mini Gladiators / Sylfeini: Gladiators i Blant Age / Oedran: 3-5 Time / Amser: 10:30-12:00 Cost: £2	Tai Chi & Wellbeing / Tai Chi a Lles Porthcawl (meet opposite Sea Bank Hotel / cyfarfod gyferbyn â Gwesty Sea Bank) Time / Amser: 2:30-3:30	Tai Chi & Wellbeing / Tai Chi a Lles Bryngarw Park / Parc Bryngarw Time / Amser: 1:30-2:30 Zorb Football 10+ yrs / Pêl Droed Zorb 10+ oed Parc Derwen Time / Amser: 3:00-4:00	Flu-Flu Archery 6+ yrs / Saethyddiaeth Flu-Flu Parc Derwen Time / Amser: 11:00-12:00 Pond Dipping / Archwilio Pyllau* Bryngarw Park / Parc Bryngarw Time / Amser: 11:00-12:30 Tai Chi & Wellbeing / Tai Chi a Lles Pencoed Pavilion / Pafiliwn Pencoed Time / Amser: 2:00-3:00	Tai Chi & Wellbeing / Tai Chi a Lles Caerau Community Centre / Canolfan Gymunedol Caerau Time / Amser: 11:00-12:00 Zorb Football 10+ yrs / Pêl Droed Zorb 10+ oed Brackla Sports Centre / Canolfan Chwaraeon Bracla Time / Amser: 3:00-4:00	Summer Roadshow / Sioe Deithiol yr Haf Newbridge Fields / Caeau Newbridge Time / Amser: 10:30-2:30 <i>Parkour 6+ 10:30</i> <i>Mini Gladiators / Gladiators i Blant 3-5</i> <i>Family Play Rangers / Wardeniaid Chwarae Teuluol</i> <i>Learn2ride My Bike / Dysgu Reidio Fy Meic 3+</i> <i>Zorb Football / Pêl Droed Zorb 10+ yrs</i> <i>Family 'All Stars' Cricket / Criced 'Sêr' i'r Teulu</i> <i>Tai Chi & Wellbeing / Tai Chi a Lles 12.30</i> <i>Forces Fitness 1:30-2:30</i>	